

LiveWell

Sweet & salty energy bar

Yield: 12 bars



Ingredients:

- 2 1/2 cups old-fashioned rolled oats
- 2 Tablespoons unsweetened shredded coconut
- 1/3 cup honey
- 1/4 cup packed light brown sugar
- 1/2 teaspoon vanilla extract
- 1/4 cup crispy rice cereal
- 1 Tablespoon ground flaxseed
- 1/4 teaspoon salt
- 1/4 cup sweetened dried cranberries, coarsely chopped
- 1/4 cup semi-sweet chocolate chips

Directions:

1. Heat oven to 350° F.
2. Line the bottom and sides of an 8-inch or 9-inch square pan with aluminum foil or parchment paper.
3. Spread oats and shredded coconut on rimmed cookie sheet. Bake 8 to 10 minutes, stirring halfway through, until lightly toasted. Transfer to a large bowl.
4. Combine honey, brown sugar, vanilla extract, rice cereal, ground flaxseed, and salt in a small saucepan over medium heat. Cook, stirring occasionally until the mixture is bubbling and the sugar is completely dissolved.
5. Pour the honey mixture over the toasted oats and coconut and mix well. Let cool for about 5 minutes and add the cranberries and chocolate chips. Stir to combine.
6. Transfer the oat mixture to the prepared pan and use a rubber spatula or damp fingertips to firmly press the mixture into the pan.
7. Cover and refrigerate for at least 2 hours or freeze for about 30 minutes. Remove the block of granola mixture from pan, then peel away the foil or parchment. Cut into 12 bars.

Nutrition information per serving:

Calories: 160	Cholesterol: 0 mg	Fiber: 3 grams	Food exchanges:
Fat: 3.5 grams	Sodium: 55 mg	Protein: 3 grams	2 carbohydrate, 1 fat
Saturated fat: 2 grams	Carbohydrates: 32 grams		

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